

BREAKFAST

Available until 10:30am weekdays and 11am weekends

ALL AMERICAN BREAKFAST 460 cal \$6.50

Two eggs cooked to order, breakfast potatoes and wheat toast

+Bacon 150 cal \$2.00

+Sausage 270 cal \$2.00

BREAKFAST TACOS 200 cal 2.75

Scrambled eggs served on a flour tortilla with your choice of 2 fillings

Each additional item .50ea

+Potatoes 40 cal

+Spinach 2 cal

+Beans 60 cal

+Avocado 20 cal

+Onion 5 cal

+Bacon 50 cal

+Mushroom 2 cal

+Sausage 130 cal

+Tomato 2 cal

+Ham 15 cal

+Bell Pepper 2 cal

+Chorizo 70 cal

+Jalapeño 2 cal

+Cheddar 50 cal

PANCAKES 340 cal 6.00

Topped with fresh berries, powdered sugar and served with maple syrup

STEEL CUT OATMEAL 380 cal 4.50

Oatmeal with fresh berries and brown sugar

BURGERS

All burgers served with lettuce, tomato, onion, pickles and a choice of fries or fruit. Substitute a Garden or Caesar Salad for \$1.00 more

CENTRAL MARKET BURGER 740 cal \$9.00

CM SIGNATURE SANDWICHES & WRAPS

Served with french fries, sweet potato fries, or fresh fruit
Substitute a Garden or Caesar Salad for \$1.00 more

GRILLED CHICKEN SANDWICH 860 cal 9.00

Grilled chicken breast, avocado, lettuce, tomato and onion with pepper jack cheese and chipotle mayo on a wheat bun

SALADS

ASIAN SALMON SALAD 680 cal \$12.00

Sesame soy grilled salmon with field greens, daikon, carrots, mango, cucumber, wasabi peas and orange sesame vinaigrette

ASIAN CHICKEN SALAD 830 cal 9.00

Chinese chicken salad with Napa and Savoy cabbage, carrots, daikon and toasted almonds tossed in a spicy honey-sesame dressing

STEAK SALAD 1250 cal 10.00

Grilled flank steak on romaine lettuce with oven-roasted balsamic tomatoes, egg, bacon, blue cheese, fried onions and roasted shallot vinaigrette

CM SIGNATURE SANDWICHES & WRAPS

Served with french fries, sweet potato fries, or fresh fruit
Substitute a Garden or Caesar Salad for \$1.00 more

CHAR SUI CHICKEN SALAD 860 cal \$7.50

Char sui chicken salad tossed with fried wontons, toasted almonds and a spicy honey-sesame dressing wrapped in a flour tortilla

ENTRÉES

GRILLED TILAPIA 610 cal **\$10.00**

Seasoned tilapia served with field greens, tomato, avocado, red onion and grilled asparagus with lemon olive oil

KIDS MENU

For children under 12. Items listed below include a choice of side:
fruit, fries or steamed veggies

CRISPY CHICKEN TENDERS 320 cal **5.00**

BURGER 350 cal **5.00**

SIDES

FRENCH FRIES 390 cal **2.50**

SWEET POTATO FRIES 370 cal **2.50**

FRUIT 80 cal **2.50**